Claims

1. A method for the emission of an air current in the direction of the breathing zone (9) of a user (10), wherein

- sound emitting means (5, 6) emit sound from at least one sound emitting position (a, b) adjustable by the user;
- air emitting means (7, 8) emit an air current from at least one air emitting position (c, d) which is fixed relative to the respective sound emitting position (a, b);
- the user brings the sound emitting position in accordance with the position of his/her ear (11, 12) by optimization of the received sound.

2. A method according to claim 1, wherein

- the sound to the left ear (11) of the user is emitted by a left side sound emitting member (5) from a left side sound emitting position (a) and/or the sound to the right ear of the user is emitted by a right side sound emitting member from a right side sound emitting position (b);
- the air current to the breathing zone (9) of the user is emitted from a left side air emitting member (7) from a left side air emitting position (c), a right side air emitting member (8) from a right side air emitting position (d), respectively;
- the left side air emitting position (c) is fixed relative to the left side sound emitting position (a) in accordance with the mutual position of the breathing zone (9) relative to the left ear (11) of an average user, the right side air emitting position (d) is fixed relative to the right side sound emitting position (b) in accordance with the mutual position of the breathing zone (9) relative to the right ear (12) of an average user, respectively;
- the user (10) brings the left side sound emitting position (a) and the

right side sound emitting position (b), respectively, in accordance with the position of his/her left, right ear (11, 12) respectively, by optimization of the received sound.

3. A seat, comprising sound emitting means (5, 6) suitable for the emission of sound in the proximity of an ear (11, 12) of a respective user (10) of the seat, which sound emitting means are coupled to air emitting means (7, 8) suitable for the emission of an air current in the proximity of the breathing zone (9) of this same user.

4. A seat according to claim 3, wherein the sound emitting and the air emitting means are included in, or connected to a headrest forming part of the seat.

5. A seat according to claim 3, wherein the sound emitting means comprise a left side sound emitting member (5) and/or a right side sound emitting member (6) for the emission of sound in the proximity of the left and right ear (11, 12), respectively, of the user, the air emitting means comprising a left side air emitting member (7) and a right side air emitting member (8), respectively, for the emission of an air current in the proximity of the breathing zone (9) of the user.

6. A seat according to claims 4 and 5, wherein the headrest comprises a left and a right lateral element (2, 3).

7. A seat according to claim 6, wherein the left side sound emitting member (5) and the left side air emitting member (7) are included in the left lateral element (2) and the right side sound emitting member (6) and the right side air emitting member (8) are included in the right lateral element (3).

8. A seat according to claim 6, wherein the orientation of at least one of the lateral elements (2, 3) is laterally adjustable and/or adjustable forwards and backwards and/or height-adjustable.

9. A seat according to claim 8, provided with first regulating means for regulating the intensity of the sound emission and/or the air emission depending on the orientation of the respective lateral element.

10. A seat according to claim 9, wherein the first regulating means are suitable for interrupting the sound emission and/or air emission when the respective lateral element is in a particular orientation.

11. A seat according to claim 8, provided with second regulating means for regulating the direction in which the air current is emitted via the air emitting members (7, 8), depending on the orientation of the respective lateral elements (2, 3).

12. A headrest, comprising sound emitting means (5, 6) suitable for the emission of sound in the proximity of an ear (11, 12) of a respective user (10), which sound emitting means are coupled to air emitting means (7, 8) suitable for the emission of an air current in the proximity of the breathing zone (9) of this same user.

13. A headrest according to claim 12, wherein the sound emitting means comprise a left side sound emitting member (5) and/or a right side sound emitting member (6) for the emission of sound in the proximity of the left and right ear (11,12), respectively, of the user, and wherein the air emitting means comprise a left side air emitting member (7) and a right side air emitting member (8), respectively, for the emission of an air current in the proximity of the breathing zone (9) of the user.

14. A headrest according to claim 12, comprising a left and a right lateral element (2, 3).

15. A headrest according to claim 14, wherein the left side sound emitting member (5) and the left side air emitting member (7) are included in the left lateral element (2) and the right side sound emitting member (6) and the right side air emitting member (8) are included in the right lateral element (3).

16. A headrest according to claim 14, wherein the orientation of at least one of the lateral elements (2, 3) is laterally adjustable and/or adjustable forwards and backwards and/or height-adjustable.

17. A headrest according to claim 16, provided with first regulating means for regulating the intensity of the sound emission and/or air emission depending on the orientation of the respective lateral element.

18. A headrest according to claim 17, wherein the first regulating means are suitable for interrupting the sound emission and/or air emission when the respective lateral element is in a particular orientation.

19. A headrest according to claim 16, provided with second regulating means for regulating the direction in which the air current is emitted via the air emitting members (7, 8) depending on the orientation of the respective lateral elements (2, 3).

20. A headrest according to any one of claims 12 – 19, wherein the position of at least one of the air emitting means is invariant relative to the position of one of the sound emitting means.

21. A seat according to any one of claims 3 – 11, wherein the position of at least one of the air emitting means is invariant relative to the position of one of the sound emitting means.